

SPECIAL  
POINTS OF  
INTEREST:

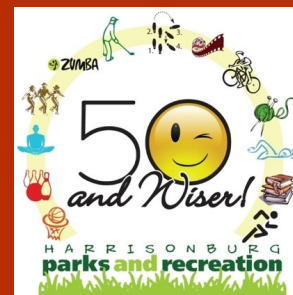
- Help Needed
- Fighting Back – Oops
- Seasonal Fac-toids
- Amazing Person
- Healthy Shopping Tips
- Humor

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# Wiser Living Harrisonburg

VOLUME 1, ISSUE 2



JUNE, 2013

## 50 & Wiser Help Needed

### #1

Help!!! I need to know what kind of things you like to see in this newsletter. This is your newsletter, and can be lots of different things. This time I have assigned a number to each element of the newsletter, and my email is at the end. If you could take a minute and assign a like (4), dislike (1) or numbers in between indicating your opinion ( 2 or 3) and send them to me

along with suggestions, it can be more what you want.

### New programs:

Pickleball– a racquet sport which combines elements of badminton, tennis and table tennis. It is a sport becoming more and more preferred by seniors because the court is smaller, the ball is slower, and the net is lower. An orientation/ training session will be

provided by the New Market Pickleball club in the CFG gym on Tues. Sept 27 at 1:30-3:30.

Paint 4 Fun-Whether you are an experienced artist who would like to try fume-free oil paints, or have never done anything artistic in your life– this is for you. You leave with a ready to frame picture. Classes 9/11; 9/25; 10/9; 10/23, 9:00-12:00.

Gail Ham-540-433-9168;  
[gail.ham@harrisonburgva.gov](mailto:gail.ham@harrisonburgva.gov)

## Fighting Back



## Eating Our Enemies-Oops!



### #2 Giant African Land Snails

New development! Shortly after the article on how to eat Giant African Land Snails (GALS) was published in this newsletter, CBS reported that the deadly, frightening beasts were invading Texas, and causing meningitis, They told citizens to avoid them

at all costs. So much for the pet aspect! Reality set in when calmer minds explored the problem. Apparently, only one snail was seen by one woman, and no one knows how it got there or where it went, but so far she hasn't died from meningitis. GALS can carry lungworms from rat droppings, and in the tropics this has caused meningitis, par-

ticularly if they are eaten raw, as they are in Asia. In Ecuador, 3 deaths out of 100 illnesses appear to be related to these snails. Gloves should be worn to handle them then disposed of, and they should reach an internal temperature of 165 degrees Fahrenheit before being eaten.



The lure of fresh vegetables makes the work worthwhile.

Moonstone is said to:

- \*Bring good fortune
- \*Help predict the future
- \*Enhance intuition
- \*Promote inspiration
- \*Bring business and love success
- \*Offer protection

Best used at full moon

Alexandrite is the traditional gemstone for June and is the stone for Gemini; it can change color in incandescent light.

## Garden Tips-June Vegetables

<http://nsvmgga.org/wp-content/>

#3

The Virginia Cooperative Extension Office includes the following tips:

\*Precision placement of fertilizer in the row near the root zone of

vegetable plants reduces fertilization costs, does not stimulate between-row weed growth, and may help reduce fertilizer contamination of runoff water.

\*After watering, the soil in the vegetable garden should be moist

to a depth of 8-10 inches. If the moisture is not that deep, evaluate your watering techniques.

\*If weed plants are mature, plan to weed your garden early in the morning when moisture keeps seeds from spreading.

## June

#4

June is the month with the longest daylight hours of the year in the Northern Hemisphere and the shortest daylight hours in the Southern Hemisphere. In Latin Junius, it is named after the Roman Goddess Juno, wife of Jupiter.

In Iceland, folklore says that if you bathe naked in the morning dew on June 24, you will stay young. Symbols of June include three birthstones; Alexandrite, Moonstone, and pearl, for health and longevity. There are two flowers for June; honeysuckle and rose.

June has many strange associations, besides a popular month to get married. It is Fight the Filthy Fly Month; National Accordion Awareness Month; National Adopt a Cat Month; and Turkey Lovers Month. Best of all it's summer. Happy June!

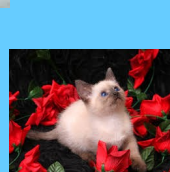


Alexandrite



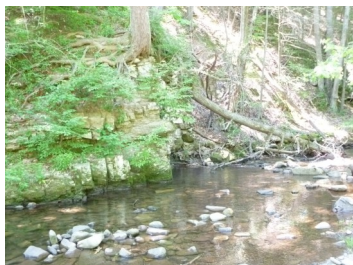
Moonstone

Black Pearls

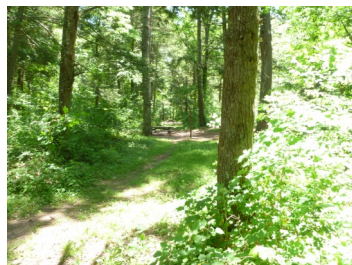


# Amazing Place-Hone Quarry

#5



Stocked Trout Stream...



Close to Camping Sites



Easy Access Lake

I visited Hone Quarry, one of my favorite places, on a lovely afternoon in early June. Located in the George Washington National Forest just west of Harrisonburg, this place seems to have all the beauty and serenity a person could want. The campground has outdoor toilets, no water or electricity. There is a dump station nearby. You can fall asleep to the sound of the stream running just yards from your camp on most sites. The bird watching there is said to be extraordinary. At least

listening was awesome! The songs came from everywhere. You are close to trailheads for many hiking trails. Fishing is great, all stocked with trout, and easily accessible on road side of the lake. You can also launch a row boat. Alcohol is prohibited in the area. Quiet time is from 10 pm to 6 am. There are sites large enough for smaller trailers or RVs. Camping is year round and the fee is only \$5. There are 26

sites. Sandy Jacob's 257 Store, located at nearby Briery Branch (the nearest place my cell phone works-not all bad), offers country style meals such as country fried steak, also gas and groceries. They serve until about 8 pm. To get there, turn off 42 in Dayton on Rt. 257 to the Ottobine Store, turn left on Briery Branch Rd., follow that road to the right at the store and veer right before the bridge at the sign. Reddish knob is past the turn on 257 up a narrow winding road.

*Hone Quarry is one of those out of the way places you may want to go back to.*

## Thought for the Day



#6

An eagle was sitting on a tree resting, doing nothing. A small rabbit saw the eagle and asked him, "Can I also sit like you and do nothing?"

The eagle answered, "Sure, why not?"

So the rabbit sat on the ground below the eagle and rested. All of a sudden, a fox appeared, jumped on the rabbit and ate it.

Moral of the story: **To be sitting and doing nothing, you must be sitting very, very high up.**





Follow these quick tips, and make healthy shopping choices.

<http://www.apidra.com/cooking/grocery-store.aspx>

### Plan your Strategy and Hit the Store Running

Being prepared cuts down the unhealthy temptations. Develop a strategy to find healthy ingredients.

### Make Wednesday Your Day

Choosing the right time to shop is important so you spend as little time in the store as possible. There tend to be less people shopping on Wednesday morning, if it fits in your schedule

### Stick to the perimeter

The middle isles are loaded with unhealthy temptations such as processed food and unhealthy snacks

### Avoid the End of the Aisle

The end of the isles are often stocked with “hard to sell” items that tend to be marked down because they have been on the shelves longer or for other reasons, often having to do with quality.

Finally, it’s true; never shop for food when you are hungry.



“Gravity has lowered my chest, my stomach and my butt. Why hasn’t it lowered my cholesterol?!”



“I had fun, fun, fun till my doctor took the T-bone awaaaaaaaaay!”

## The Moon in June

H X L R A E P C U L D G P A E  
W B F I N P C M Z X Q Y R P S  
M T B U N T Z O V G Y T E O O  
H O N E Y S U C K L E E D L R  
O Q K Q E H P C T M T V I L B  
F X D J Y V N I O I Z Y C O C  
B Q L T A E E O R R B K T B F  
E K A D J C N D I A A R I I Y  
G G X J N S N P J T T Z O U P  
A M F A T A H P R U I I N E X  
I Q M O X A J O K I N U O Z Z  
R O N E S Q O C S K F I T N G  
R E L E C L I P S E D F L U N Y  
A A S W F L A C I R E H P S I  
M D A J N Y R P T X H I I M

ALEXANDRITE  
APOLLO  
ECLIPSE  
HONEYSUCKLE  
INSPIRATION  
INTUITION  
JUNIUS  
MARRIAGE  
MOONSTONE  
ORBIT  
PEARL  
PHASES  
PREDICTION  
ROMANCE  
ROSE  
SPHERICAL

## Photogenic?

When I went to get my driver's license renewed, our local Motor Vehicle Bureau was packed.

The line inched along for almost an hour until the man ahead of me finally got his license.

He inspected his photo for a moment and commented to the clerk, "I was standing in line so long, I ended up looking pretty grouchy in this picture."

The clerk looked at his picture closely, and reassured him, "It's okay. That's how you're going to look when the cops pull you over anyway."